

## ABSTRACT OF THE DISCLOSURE

A portable, multipurpose, air dispensing apparatus is disclosed, comprised of a small, portable canister that holds a combination of compressed oxygen and nitrogen that the user can tap in order to recuperate from the physical exertion by delivering these gasses to the cardiovascular system in a quick and efficient manner. The canister includes a mouthpiece/regulator combination that the user places in his or her mouth and, by depressing a button, a breath of the pure oxygen/nitrogen is delivered. The canister is disposable and replaceable and holds enough gas for approximately 15 average breaths. Carried in a convenient arm band, the canister gives the user the ability to tap the benefits of the gasses whenever the need is felt. Additionally, the present invention serves a safety purpose in high-altitude sports where the air is thin and oxygen supplies are low.